

**ABSTRACT OF THE DISCLOSURE**

The invention relates to a self-inflating mat or pillow consisting of open-cell foamed material which is hermetically covered on both sides by outer layers of cloth, the outer layers being sealed on the edges and at least one valve providing a connection between the foamed material and the surrounding atmosphere. At least one layer of cloth or a mesh fabric is provided on at least one side and the cloth or mesh fabric consists of a hot-pressed yarn coated with a thermoplastic material.